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3 things you need to know

US, BRITAIN CALL FOR IMMEDIATE **CEASE-FIRE IN YEMEN**

The United States and Britain called on Sunday for an immediate and unconditional cease-fire in Yemen to end violence between Iranbacked Houthis and the government, which is supported by Gulf states. A Saudi-led campaign in Yemen has come under heavy criticism since an air strike on a funeral gathering in the Yemeni capital Sanaa that killed 140 people according to a United Nations' estimate and 82 according to the Houthis. On Saturday, a U.S. admiral said a destroyer had again been targeted in the Red Sea in an apparent failed missile attack launched from the coast of Yemen. REUTERS

IRAQI ARMY DROPS LEAFLETS OVER MOSUL WARNING OF OFFENSIVE

The Iraqi army dropped tens of thousands of leaflets over Mosul before dawn on Sunday, warning residents an offensive to recapture the city from Islamic State was in its final stages of preparation, according to a military statement in Baghdad. The leaflets carried several messages, one of them assuring the population that advancing army units and air strikes "will not target civilians" and another telling them to avoid known locations of Islamic State militants. The assault on Mosul, the last city still under control of the ultra-hardline Islamic State in Iraq, could begin this month with the support of a U.S.-led coalition, according to Iraqi government and military officials. Islamic State fighters are dug in and are expected to fight hard. They have forced civilians to stay in harm's way during previous battles to defend territory. REUTERS

GOLDMAN VINDICATED BUT BRUISED IN LIBYAN FUND COURT BATTLE

The outcome of a 2½-year legal battle between Goldman Sachs and Libya's goldman \$67 billion sovereign fund is a triumph for the Wall Street giant, which was vindicated despite embarrassing revelations about how some of its bankers conducted business. The London High Court found in favor of Goldman Sachs on Friday, with Judge Vivien Rose dismissing the fund's arguments, made over the course of a bruising seven-week trial. While the Libyan Investment Authority (LIA) is likely to appeal, according to a source with knowledge of the matter, the lurid details spilling out of the case mesmerized observers because of the profile of the parties involved and the glimpse they offered into the secretive world of multi-billion-dollar sovereign wealth fund (SWF) investments.

METRO'S NEWS QUIZ

You read Metro to stay on top of the news.
Now's your chance to find out how much you
know. Take our daily news quiz to test your
knowledge by going to www.metro.us
/news-quiz to submit your answers.

- 1. How was the Dead Rabbit Grocery and Grog recently honored?
- 2. How many yards did Odell Beckham Jr. have receiving in Sunday's game?
- 3. Which famous female rocker cameos in "Ordinary World"?



Study: Students give higher grades to minority teachers

The study shows a widespread preference for instructors of color among pre-teens and high schoolers.



Students of all races prefer minority teachers over white teachers.

So says a New York University study published this month, drawing on the responses of 157,000 students in middle schools and high schools in urban areas nationwide.

"On almost single measure, all students liked Latino and black teachers better than white," the paper's colead researcher, NYU sociologist Hua-Yu Sebastian Cherng, told Metro.

The findings from the study, "The Importance of Minority Teachers: Student Perceptions of Minority Versus White Teachers," published in Teachers," published in the journal Educational Researcher on Oct. 5, underscore the importance of minority teacher recruitment and retention, the researchers said.

Previous research indicated that minority students fare better with minority teachers; yet those studies were mainly from the teacher perspective "outcome focused," based on test scores and graduation rates, not student opinions.

"It goes beyond race-matching," as the results [drawn from data from the Bill and Melinda Gates Foundation's study called the Measure of Effective Teaching show that Asian American students have a stronger preference for black teachers than even black students, Cherng said.

The reason might have something to do with an approach that recognizes the struggles of students of a certain age, from diverse backgrounds, Cherng posited. Sometimes students simply perceive the minority teacher as being more approachable.

"In middle school, bullying is at an all-time high, every kid across identities is forming an identity," said Cherng. "I've never met a teacher of color who doesn't have a story of feeling out of place and for that the teachers have sincere understanding for the adolescent experience.

Haley Greco, a senior Edward R. Murrow High School in Brooklyn, noticed this was true for a black math teacher. The class loved him, especially the Asian students, she

"He understood the perils of being a teenager, Greco said. "He treated us like adults, wasn't condescending like a lot of teachers, like 'teenagers are so lazy,' but really wanted us to learn and treated us above our age."

Reyna Steinberg, a pre-K teacher at Camden Street Elementary School in Newark, New Jersey, where almost the entire student body comes from poor urban backgrounds, recognizes pronounced differences in the teacher-student approach between her and her colleagues of color.

The minority teachers deal with students in a different way. Maybe there is more casual language. If they have the similar backgrounds they can relate from a different level," Steinberg said. "They do things that I just cant, the kids just wouldn't take it the same way. The kids can read when you are being genuine and when you are putting up a front."

In the past 10 years, education reform has placed more attention on recruiting minority teachers in a sweeping attempt to combat institutional racism and provide more comfortable learning environments for minority students. In New York City, where percent students are minorities and only 40 percent of teachers are minorities, there is a campaign to specifically recruit male minority teachers. It's an effort that Cherng thinks is admirable on the one hand, but potentially counterproductive.

"It puts an extra burden on the minority teachers, setting expecunreasonably tations high," said Cherng.

The policy effort, he said, should be to train teachers to adopt the approaches minority teachers take to their classrooms, something more useful to improving education that just hiring based on race.

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Summer redux



Get ready to shed the sweaters and jackets as summer will make a comeback this week.

Normally during this time of the year, you start reaching for your autumnal gear. Well, put that on hold as temperatures will rise to near-record levels for some as southwesterly winds will usher in unseasonably warm temperatures.

It's a late-season Bermuda high-influence, high-pressure centered over the western Atlantic. A huge clockwise flow of southwesterly winds circulates near Bermuda and extends down into the Gulf states and then sweeps up along the Eastern seaboard.

The results during July and August would be helter-swelter with the mercury soaring into the mid-90s. However, during this time of the year many

locations from Philly to New York City to Boston will see temps pop into the mid-80s. Low temperatures by Tuesday morning will be in the lower 60s normally this would be about the average high for this time of the year.

Now I know what you're thinking: Will this warm shot last into your up-coming weekend? Sorry no can do, as a coastal low could form by Friday and send some rain up along the East Coast, followed by much cooler temperatures over this weekend as the mercury falls back into the 60s and 50s.

On average, October will have above-normal temperatures and below normal precipi-

Hurricane season

My long-range hurricane outlook that I put out in May, for the season of 2016 was for an active hurricane season with more named storms than normal. Most experts had a below-average

New York

Today: Shower possible, 80

Tuesday: Summer-like weather, 83

Wednesday: High 83

Thursday: Afternoon shower, 75

Friday: Rain, 64

Saturday: Clearing, windy, cooler, 62

Sunday: Sunny, 63

outlook. So far this season, my forecast has verified as the hurricane season has been quite active with already 14 named storms as Hurricane Nicole struck the island of Bermuda this past Thursday as a major hurricane. Nicole continues to churn massively high seas in the North Atlantic creating problems for the shipping and fishing lanes. I'm forecasting continued tropical activity through the month of October.



BRIEFS

Woman faces attempted murder charge for allegedly shooting cop with pellet gun

A 24-year-old Long Island woman faces a charge of attempted murder of a police officer for allegedly shooting a plainclothes New York City detective in the head with a pellet gun.

Tiara Ferebee, of Riverhead, is accused to shooting the air gun at the officer late Wednesday afternoon as he drove past her in an unmarked car in the Jamaica neighborhood of Queens, investigators said.

The detective was struck in the forehead and treated for the wound at Jamaica Hospital, NBC 4 New Yorkreported.

Ferebee was arrested Saturday. In addition to attempted murder, she is charged with assault on a police officer with a deadly weapon and reckless endangerment, police said.

There was no indication that Ferebee had obtained a lawyer who could comment about the charges on her behalf.



MTA worker arrested for allegedly raping a woman in his home

A 50-year-old MTA employee was charged early Sunday with raping a woman in his Queens home,

Gregory Talley, 50, a maintenance worker for the transit authority, was arrested around 5:15 a.m., and has been charged with rape for allegedly attacking the woman, whom investigators said he knew, Pix11 reported.

It's not clear what Talley's relationship with the woman was, according to the Daily News. ALEXIS SACHDEV

Man critically wounded leaving book launch party in Manhattan

A man leaving a book launch party for an erotic novella was shot and critically wounded early Sunday morning in Manhattan, police said.

Robert Lowman, 44, was shot six times in the chest and abdomen at about 1 a.m. as he stood on the sidewalk on West 22nd Street in the Flatiron District, investigators

Lowman had just left a book launch party for an erotic novella at the Auxiliary lounge when the shooting occurred, according to the New York Post.

Police officers patrolling the area heard the shots and spotted a man run toward a black Mercedes-Benz. The man hopped into the car, which sped away.



The getaway car sped through several red lights, but was eventually stopped by police, who surrounded the car and apprehended three men, NBC 4 New York reported.

Officers recovered a

handgun from the car.

The three men, identified as Ramel Harkless, 38, Joseph Saunders, 43, and Barry Wiles, 46, were charged with possession of a weapon. Harkless was also charged with burglary and driving with a suspended license.

The trio have had numerous run-ins with the law, the Post reported. Lowman, who also has a criminal record, was said to be in critical condition at Bellevue Hospital.





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NEW YORK MONDAY, OCTOBER 17, 2016

Former Jets lineman Dennis Byrd dead at 50

The inspirational icon died in a car crash Saturday morning.



The NFL lost a true hero this weekend.

Four years ago this month, former Jets defensive lineman Dennis Byrd retired his No. 90 jersey in an emotional ceremony commemo-rating his courageous recovery from a devastating injury.

On Nov. 29, 1992, at a game against the Kansas City Chiefs, Byrd collided with a teammate on the field and broke his back. His spinal injury was so bad that not only did it end his career but doctors predicted he might never walk again.

But just a few months later Byrd was walking. A year after he broke the C-5 vertebra he walked onto the Meadowlands green as the Jets' honorary captain. His story was told in a TV movie starring Peter Berg called "Rise and Walk: The Dennis Byrd Story," based on his autobiography published in 1993.

On Saturday, Byrd was involved in another collision from which he would not rise.

Byrd, 50, was killed



Dennis Byrd retiring his jersey at MetLife stadium on Oct. 28, 2012. GETTY IMAGES

in a two-car head-on crash on an Oklahoma highway, just a few miles from his home. A 17-year-old driver in a 2000 Ford Explorer is believed to have veered into the oncoming lane striking Byrd's 2004 Hummer, police said.

Byrd was pronounced dead at the scene. The teen driver and the 12-year-old passenger in Byrd's vehicle were taken to Saint Francis Hospital in Tulsa and are in critical condition.

"We are all devastated by the untimely loss of Dennis Byrd," New York Jets owner Woody Johnson said in a news release late Saturday. "Soft-spoken and strong-willed, the inspiration he provided to all not only by his play on the field but from the way he overcame life's obstacles was remarkable by any measure."

He is survived by his wife Angela and their four children. They had who stood by him during the dedication of his jersey at MetLife stadium on Oct. 28, 2012, when he delivered an emotional and inspiring speech.

"I learned to be a man in Oklahoma, and I grew to be a man in New York," Byrd, the 6-foot-5, 270-pound second-round draft pick to the Jets in 1989, said with tears in his eyes.

Each year, a Jets player is selected by his teammates for the Dennis Byrd Most Inspirational Player Award.

"I really have loved coaching football and working with kids, talking about the lessons I've learned as an

athlete and the journey as someone with a disability," Byrd said in 2012. "Football has always been, for me, a cornerpost of strength and a way to accomplish things in life, whether it's on the field or just in maintaining a quality of life. All those lessons — dedication, perseverance, teamwork — they all dovetail nicely into living a blessed life.'

Hundreds gather to memorialize DA Kenneth Thompson

The nation's attorney general, the state's governor and the city's mayor joined hundreds of mourners Saturday in Brooklyn to pay tribute to District Attorney Kenneth Thompson, who died nearly a week earlier from cancer.

Several speakers praised Thompson's commitment to family and community, as well as his passion for justice.

"Ken was born and bred to do what he did," said Gov. Andrew Cuomo. "He was the child of a police officer, a resident of public



Kenneth Thompson, **GETTY IMAGES**

housing and an African-American man who grew up in New York City. His passion for justice didn't come from reading a book, but from living on the block."

Thompson was Brooklyn's first African-American district attorney.

U.S. Attorney General Loretta Lynch lamented

the loss of "one of our brightest lights" in judicial system.

"Justice was real for Ken," she said. "It was not an abstract principal. It was about making the promise of this country real for everyone.'

Thompson, 50, served three years as district attorney. He had also served as an assistant U.S. attorney under

Thompson is survived by this wife and two daughters. He was buried in Woodlawn Cemetery in the Bronx.

BRIEFS

Pit bull bites face of 16-month-old, babysitter

A 16-month-old boy was bitten in the face by a pit bull who attacked him in the laundry room of an East Harlem apartment building, authorities said.

The boy's babysitter, Allison Riley, 47, was also attacked by the animal, the New York Daily News

The attack took place in a building on E 101st Street, according to CBS New York.

The boy, identified as only Jayce in the Daily News report, was trying to pet the unattended dog when it suddenly snapped, Riley's daughter said.

"[Jayce is] very playful, he wanted to touch the dog," Taylah, 17, told the paper. "The dog reacted to it in a bad way. ... I guess he snapped at it."

The dog bit Riley when she intervened on behalf of the boy, she said. Another person had to help pry the dog off of the woman's leg.

"I hit the dog a couple of times trying to, you know, get him loose, and that didn't work," that person told CBS New York. "I grabbed a bag, wrapped it around the dog's head. I knew if he didn't have air, he would have to let go."

Both Riley and the young victim were taken to New York Presbyterian Hospital, ABC New York reported. The boy reportedly needed stitches on his lip. CHRIS CAESAR



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New Jersey

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Olympic sprinter Tyson Gay's teen daughter killed in Kentucky crossfire

Police said they have detained two people for questioning in connection with the incident. A homicide investigation is underway.

The 15-year-old daughter of U.S. Olympic sprinter Tyson Gay died on Sunday after being caught in an exchange of gunfire between two vehicles outside of a Kentucky restaurant, police said.

After the shooting in Lexington at about 4 a.m. EDT, Trinity Gay was taken in a private vehicle to a local hospital where she was pronounced dead, the Lexington Police Department said in a statement.

"She didn't make it. I'm so confused," Gay told the sports editor with NBC-affiliate Lex 18 television. "She was just here last week for fall break.



Tyson Gay GETTY IMAGES

It's so crazy."

Gay, 34, was born in Lexington and lives in a suburb of Orlando, Florida. He could not be reached for further comment.

In 2007, he won three gold medals at the World Championships in Osaka, Japan, taking titles in the 100 meter, 200 meter and 4x100m relay. He set the U.S. record in the 100-meter sprint two years later.

Gay, who made his Olympic debut in 2008, won a silver medal with the 4x100 meters relay team at the 2012 Games in London. But he lost the medal after testing positive for a banned substance in 2013.

Condolences from the track and field world poured in on social media.

"Sending our thoughts and prayers to [Tyson Gay] and his loved ones as they mourn the tragic & senseless loss of his daughter, Trinity," USA Track & Field, the sport's national governing body, wrote on Twitter.

American Olympic hurdler Lolo Jones echoed the sentiment. "Heavy heart today for Tyson Gay and his family," Jones, 34, wrote on Twitter. "Lord please ease their pain and give them strength during this time."

Trinity was a rising star on the track team at Lafayette High School in Lexington, her father's alma mater, Sports Illustrated reported.

"Our hearts are broken this morning over the loss of Trinity to this tragic and senseless act of violence," Fayette County Public Schools, which runs the high school, wrote on Twitter. RUTHES

Air show in Australia



The Royal Australian Air Force Roulettes aerobatic display team performs during the T150 Defence Force Air Show in Townsville, Australia. The air show forms part of Townsville's 150th celebrations. GETTY IMAGES

Wheels of justice barely turn at Gitmo prison



Guantanamo Bay, Cuba GETTY IMAGES

War crimes trials at Guantanamo Bay for suspects accused of attacks against the United States have ground to a near halt a decade after the military courts' creation, with lawyers warning that some detainees could spend many more years waiting to be tried.

Despite President
Barack Obama's early
vows to close the facility
in eastern Cuba amid
charges that suspects
had been tortured, the
United States continues
to spend some \$91 million a year on military
trials at the base, which
has 61 remaining
inmates.

"The military commissions in their current state are a farce," Marine Brigadier General John Baker, the chief defense counsel, said last month at a Washington legal conference, of the tribunals that prosecute detainees. "The Guantanamo Bay military commissions have been characterized by delay, government misconduct and incompetence, and more delay."

James Connell, a defense lawyer for Kuwaiti Ammar al Baluchi, one of five suspects on trial for their alleged roles in the Sept. 11, 2001, attacks, said that trial was not likely until maybe 2020, almost two decades after airline hijackers killed nearly 3,000 people.

Because the court and much of the evidence lies outside the United States, the trial "is 100 times more complex than even a complex ordinary death penalty case," said Connell.

In contrast with Guantanamo, federal prosecutors operating in U.S. courts have secured more than 340 terrorism convictions over the last decade, a Justice Department spokesman said. Tanzanian Ahmed Khalfan Ghailani was transferred from Guantanamo to New York in 2009, and 17 months later a civilian jury convicted him for his role in al Qaeda bombings in East Africa. He is serving a life sentence.

Just six Guantanamo cases have resulted in convictions so far, with two guilty verdicts being appealed, according to the military commissions' website. In one appeals case, a federal court overturned two of the three convictions of Ali Hamza al Bahlul, the suspected publicist for slain al Qaeda leader Osama bin Laden. An appeal decision is pending on the third charge.

BRIEF

Pence: Russia should face 'severe consequences' if it's behind hack

Republican vice presidential candidate Mike Pence contradicted running mate Donald Trump on Sunday by saying evidence points to Russian involvement in email hacks tied to the U.S. election and that Moscow should face "severe consequences" if it has compromised U.S. email security.

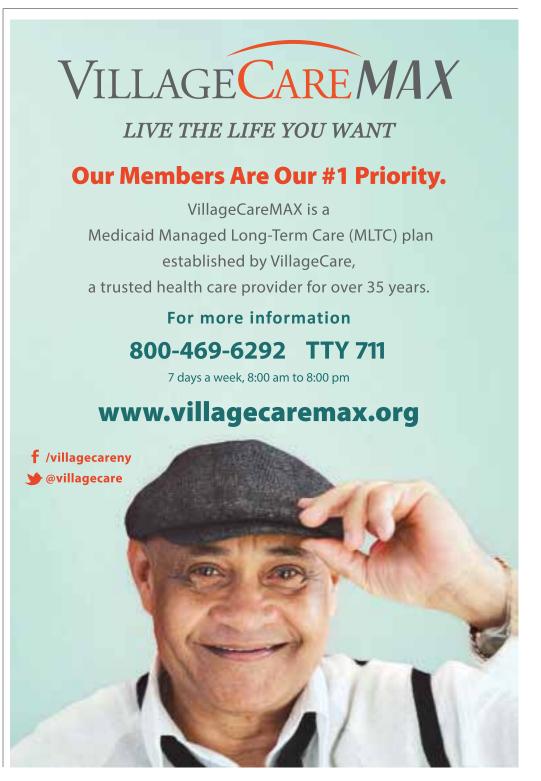
Pence, appearing in television interviews, also said he and Trump would respect the outcome of the Nov. 8 election. But later the same day Trump stuck by his contention that the race is being "rigged" by the media and at voting locations.

"The election is absolutely being rigged by the dishonest and distorted media pushing Crooked Hillary — but also at many polling places — SAD," Trump wrote on Twitter on Sunday.

U.S. intelligence officials believe Russia is behind recent email hacks targeting Democratic Party officials, including the continuing dumps by Wikileaks of documents stolen from the email account of Democratic nominee Hillary Clinton's campaign chairman, John Podesta.

"I think there's no question that the evidence continues to point in that direction," Pence said. "There should be severe consequences to Russia or any sovereign nation that is compromising the privacy or the security of the United States of America."

Vice President Joe Biden said in an interview that aired on Sunday that the United States would respond but he gave no details. "We're sending a message," he said on NBC's "Meet the Press."

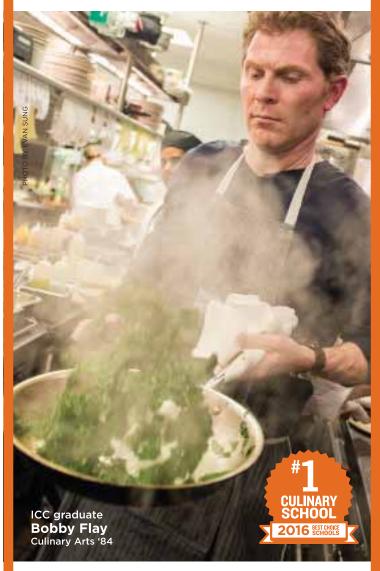


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Trump charges US election results being rigged 'at many polling places'

Trump, who is trailing Clinton in opinion polls, did not provide any evidence to back his allegations of impropriety at the voting booth. Early voting and voting by mail have begun in many states.

Republican presidential nominee Donald Trump dug deeper in his efforts to cast doubt on the legitimacy of the U.S. election, saying on Twitter on Sunday that he believed the results were being "rigged" at many polling places.

His tweet came hours after his vice presidential running mate, Mike Pence, said Republicans would accept the outcome of the Nov. 8 contest between Trump and his Democratic rival, Hillary Clinton.

"The election is absolutely being rigged by the dishonest and distorted media pushing Crooked Hillary - but also at many polling places - SAD," Trump wrote on Twitter, in the latest of a series of comments he has made over the past several days calling into question the fairness of the election.

Trump, who is trailing Clinton in opinion polls, did not provide any evidence to back his allegations of impropriety at the voting booth. Early voting and voting by mail have begun in many states.

In another tweet later on Sunday, Trump blamed "animals representing Hillary Clinton" and Democrats in North Carolina for an overnight attack on a local Republican Party headquarters in that state.

Local authorities said the building in Hillsborough, North Carolina, had been struck through a front window with flammable material and an



Donald Trump speaks at the Republican Hindu Coalition's Humanity United Against Terror Charity event on Oct. 15, at the New Jersey Convention & Expo Center in Edison, New Jersey. GETTY IMAGES

adjacent building wall was spray-painted with a swastika and the words "Nazi Republicans leave town or else."

"Animals representing Hillary Clinton and Dems in North Carolina just firebombed our office in Orange County because we are winning," Trump tweeted.

Clinton denounced the attack as "horrific and unacceptable" in her own tweet, adding: "Very grateful that everyone is safe.

Trump, a New York businessman, who has never held elective office, has often said the electoral process is skewed against him, including during the Republican nominating contests, when he disputed the method for winning delegates to the Republican National Convention.

His latest complaint of media bias stems from allegations by women that he groped them or made other unwanted sexual advances, after a 2005 video became public in which Trump was recorded bragging about such behavior. He apologized for the video but has denied each of the accusations.

"Election is being rigged by the media, in a coordinated effort with the Clinton campaign, by putting stories that never happened into news!" Trump tweeted on Sunday, a sentiment he also expressed in posts and during rallies in Maine and New Hampshire on Saturday. The comments raised questions both from Republicans and Democrats about whether he would accept the outcome should he lose to Clinton.

Trump said after the first presidential debate in September that he would "absolutely" accept the election outcome. But a few days afterward, he told the New York Times: "We're going to see what happens."

He has also urged his supporters to keep an eye on voting locations to prevent a "stolen" election, which some critics interpreted as encouraging them to intimidate voters.

Pence said on Sunday he and Trump would respect the will of the voters.

"We'll respect the outcome of this election," said Pence, the Indiana governor. "Donald Trump said in the first debate that we'll respect the will of the American people in this election. The peaceful transfer of power is a hallmark of American history."



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THE FINAL ROUNDS

TOM

FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year

of Running Dangerously."

before, are now choking down

antacids by the fistful, just as

afraid of him winning as losing.

Tea Partiers are rattling around

in Ted Cruz T-shirts clucking "I

@tomforemancnn

Here's how I imagine debate preps: Donald Trump is looking endlessly in the mirror, making a duck face and Hillary Clinton keeps watching the movie "Election" while cheering for Reese Witherspoon. Meanwhile, here are my three things to watch this week in politics.

1. DEBATE REBATE

The final presidential debate comes up Wednesday, and it promises to be a slugfest. Both candidates

have tried boxing their way through these matches (well, her mainly) but any semblance

civility is now gone. He'll say the election is rigged and that she's doping her way through their discussions (and no, he won't get the drug test he wants). She will accuse him of consorting with the Russians, being unfit for office and perhaps howlingat-the-moon. None of which will help either of them win voters - although each might scare a few more to the other side.

2. REPUBLICAN REGRETS

The GOP is in turmoil. Traditional Republicans, who were barely able to stomach Trump told you so's." And the Trump Army is screaming about spineless hypocrites. So, if you are interested in party unity, watch the polls: If Trump surges again, watch all sorts of GOPers start crawling back on his wagon; if not, listen for echoes from Capitol Hill: Donald who?

3. NOTHING TO SEE HERE

In any normal election all the stories about the Clinton team's hacked emails would dominate the news for days. Snippy comments about staffers, secret speech scripts, naked talk of political posturing. Juicy stuff, right? And it is getting a bit of play, but the uproar around Trump is dominating. The question this week: Can he get out of the spotlight long enough, for her problems to be scrutinized? Considering the scope and severity of his issues ... not likely.



BRIEF

Transcripts of Clinton's Wall Street talks released in new Wikileaks dump

Democratic presidential candidate Hillary Clinton's full remarks to several Wall Street audiences appeared to become public when the controversial transparency group Wikileaks dumped its latest batch of hacked emails.

The documents showed comments by Clinton during question-and-answer sessions with Goldman Sachs Chief Executive Lloyd Blankfein and Tim O'Neill, the bank's head of investment management, at three separate events in 2013 in Arizona, New York and South Carolina.

Some excerpts of Clinton's speeches had already been released. For more than a week, Wikileaks has published in stages what it says are hacked emails from the account of John Podesta, Clinton's campaign chairman.

Clinton's campaign has declined to verify the emails. Goldman Sachs did not immediately provide any comment on Saturday.

Clinton came under fire for months for not releasing full details of her paid speeches to big business audiences, as opponents accused her of a cozy relationship with bankers and other members of the U.S. financial system. REUTERS

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European-led Mars lander starts descent to red planet

A Mars lander left its mothership on Sunday after a seven-month journey from Earth and headed toward the red planet's surface to test technologies for Europe's planned first Mars rover, which will search for signs of past and present life.

The disc-shaped 1,272-pound Schiaparelli lander separated from spacecraft Trace Gas Orbiter and started a three-day descent to the surface.

But in a setback, signals received from TĞO, which is to orbit Mars and sniff out gases around the planet, did not contain data on the lander's onboard status.

"We have to receive and process this telemetry data first and after that we can say what has happened. But on the side of [Schiaparelli] I would say that the separation was a success,

Paolo Ferri, head of mission operations at ESA, told Reuters TV at ESA's Space Operations Centre in Darmstadt, Germany.

Schiaparelli, part of the European-Russian ExoMars program, represents only the second European attempt to land a craft on Mars, after a failed mission by Britain's Beagle 2 in 2003.

Landing on Mars, Earth's neighbor some 35 million miles away, is a notoriously difficult task that has bedeviled most Russian efforts and given NASA trouble as well. The United States currently has two operational rovers on Mars, Curiosity and Opportunity.

But a seemingly hostile environment has not detracted from the allure of Mars, with President Barack Obama recently highlighting his pledge to send people to the planet by the 2030s.



Elon Musk's SpaceX is developing a massive rocket and capsule to transport large numbers of people and cargo to Mars with the ultimate goal of colonizing the planet, with Musk saying he would like to launch the first crew as early as 2024.

The primary goal of ExoMars is to find out whether life has ever existed on Mars. The current spacecraft, TGO, carries an atmospheric probe to study trace gases such as methane around the planet.



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^{*}Tenant responsible for Electric **Subject to occupancy criteria ***Income guidelines subject to change

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Submit completed applications by <u>regular mail only</u> to the post office box number listed on the application postmarked by <u>November 30th, 2016</u>. *No priority, certified, registered, expressed or overnight mail will be accepted. Applications postmarked after <u>11/30/16</u> will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Disqualified applications will not be accepted.*



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BRIEF

China to launch manned space mission Shenzhou

China will launch a two-man space mission, Shenzhou 11, on Monday, officials with the space program said, taking the country closer to its ambition of setting up a permanent manned space station by 2022.

President Xi Jinping has called for China to establish itself as a space power, and it has tested anti-satellite missiles, in addition to its civilian aims.

China says its space program is for peaceful purposes, but the U.S. Defense Department has highlighted its increasing capabilities, saying it was pursuing activities aimed to prevent adversaries from using spacebased assets in a crisis.

After Monday's launch at 7:30 a.m. in the remote northwestern province of Gansu, the astronauts will dock with the Tiangong 2 space laboratory, where they will spend about a

"This mission is characterized by its longer duration and more tests," Chen Dong, the junior astronaut on the mission, told reporters in a televised news conference. "We will focus on improving our ability to handle emergencies in orbit, medical first aid, mutual rescue capabilities and space experiments."

Shenzhou 11 will be the third space mission for Jing Haipeng, who will command the mission

and pass his 50th birthday in space.

The spacecraft, whose name translates as "Divine Vessel", will also carry three experiments designed by Hong Kong middle school students and selected in a science competition, including one that will take silk worms into space.

China launched its second experimental space lab Tiangong 2, or "Heavenly Palace 2," last

Oil majors experiment with technology to weather crisis



Drones are being used for inspections on some oil fields, GETTY IMAGES

Oil majors including Statoil, Shell and Chevron are experimenting with various technologies, from drones and drill design to data management, to drive down costs and weather a deep downturn.

Crude prices have more than halved since mid-2014, forcing companies to cut billions of dollars in costs. Determined to shield dividends and preserve the infrastructure that will allow them to compete and grow if the market recovers, they are increasingly looking to smarter tech and design to make savings.

French oil and gas major Total said it was now using drones to carry out detailed inspections on some of its oil fields following a trial at one of its Elgin/Franklin platforms in the North Sea.

Cyberhawk, the drone company that led the trial, said this kind of work was previously carried out by engineers who suspended themselves from ropes at dizzying heights. It said the manned inspection used to take seven separate two-week trips with a 12-man team that had to be flown in and accommodated on site.

The drones do the work in two days and at about a tenth of the cost, according to the Britainbased firm's founder Malcolm Connolly, who said it had also worked with ExxonMobil, Shell, ConocoPhillips and BP.

Total declined to comment on how long the manned or drone inspections took, or specify how much money was saved.

Statoil's giant Johan Sverdrup field, the largest North Sea oil find in three decades which is due to start production in 2019, is a leading industry case study for cutting costs in the era of cheap oil.

The Norwegian company has cut its development costs for the first stage of the project by a fifth compared with estimates given in early 2015, to 99 billion crowns (\$12.2 billion).

The savings have largely been made by focusing on the most efficient technology and designs from the beginning, Statoil's head of technology Margareth Oevrum told Reuters in an interview.

Executives say the growing attention on technologies that have been around for some time shows how wasteful the global industry had been in the years before the downturn when - with crude at above \$100 a barrel delivering bumper profits - oil companies had little incentive to develop fields efficiently.

For example, simply finding a more efficient route for the oil pipeline that would carry the crude from the Sverdrup field to the onshore refinery cut 1 billion crowns, Statoil said.

Statoil has also developed a drilling "template" that is acting as a guide for the first eight wells to be drilled at the field. It said it had reduced the overall drilling time by more than 50 days, saving about 150 million crowns per production well compared with what it would have cost with 2013 techniques.

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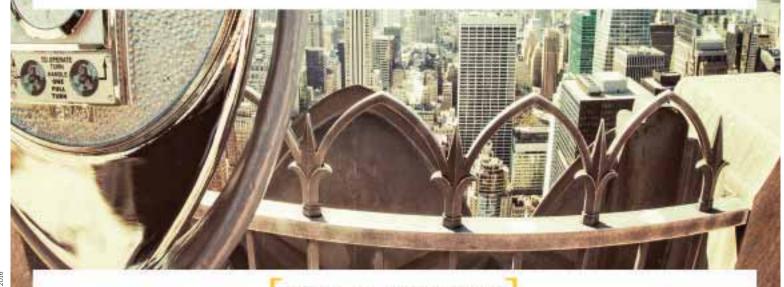
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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By NY Pain MD

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non -medicial treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make *natural* synovial fluid gellike compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work. That's why the experts at *NY Pain MD* use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why *NY Pain MD* takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at *NY Pain MD* use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at *NY Pain MD* have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destuction takes place. That's why *NY Pain MD* is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Suffers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nervers leads to sigficant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

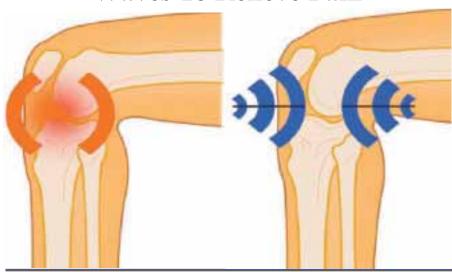
The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

anced Treatment Uses Medical Radio Frequency Waves To Relieve Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medicial clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at NY Pain MD

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare



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METRO.US 20 GOSSIP MONDAY, OCTOBER 17, 2016

Intruder shot at Miranda Kerr's home

Just as we are finally loosening up a bit after Kim Kardashian West's harrowing experience with armed robbers in Paris, another violent altercation has us clutching our pearls. According to local news outlets, on Friday morning, a security guard at the home of Miranda Kerr confronted an intruder who somehow scaled an electric fence to gain access to the property. A gory altercation ensued between the two men, which left the security guard stabbed in the eye and the intruder shot multiple times.

It appears that Kerr, the supermodel who is engaged to billionaire Snapchat founder Evan Spiegel, was not

in Week

home at the time of the break-in. Witnesses suspect that the intruder was homeless. This incident has made it frighteningly clear that security to the stars need to be trained in more than thwarting paparazzi.

Billy Bush nearing settlement to leave 'Today' show

Last week, we reported that Billy Bush had been suspended from the "Today Show" indefinitely over his participation in a vulgar 2005 conversation with Donald Trump, that included talks of trying to sleep with married

women and grabbing
other women "by
the p—."
We're



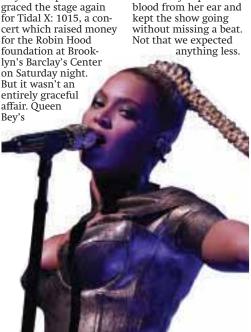
grossed out about it. Obviously NBC is, too. Now, with negotiations closed, Bush is nearing a settlement deal with the network over his permanent separation from the show, CNN reports.

It was initially reported that Bush would receive \$10 million, but representatives from the network quickly shut that down, although that amount may not be far off. The Daily Mail reports that Bush is actually looking at \$9 million. We think it's safe to say that this is the best way to get fired, ever.

Beyoncé performs with ripped earlobe

Beyoncé is the greatest living performer and we're not here to argue about it. Even though she's finished her "Formation World Tour," the 35-year-old performer graced the stage again for Tidal X: 1015, a concert which raised money for the Robin Hood foundation at Brooklyn's Barclay's Center

earring ripped during her performance of "Haunted" and she started bleeding! But it takes more than a little blood to stop this show. Baddie Bey wiped the blood from her ear and kept the show going without missing a beat. Not that we expected



Olivia Wilde welcomes baby No. 2

SESALI BOWEN sesali.bowen@metro.us



Actress Olivia Wilde and funnyman/screenwriter husband Jason Sudeikis are now a family of four! The couple welcomed a baby girl on Oct. 11, which was ironically also International Day of the Girl. How cool is that? We've been expecting this new addition from the couple since Wilde has been making public appearances well into her

third trimester. Wilde kept the actual birth pretty low profile, she posted an Instagram picture of her not-even-a-week-old daughter on Saturday, four days after she was born. Her name is Daisy Josephine Sudeikis, and she is giving us some serious baby fever.

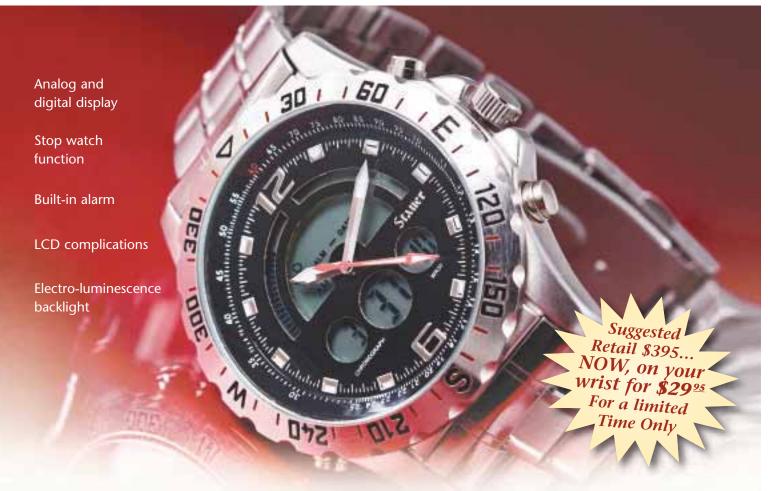
Kim makes first appearance since robbery

It looks like the Kardashian clan is slowly coming around after Kim's harrowing robbery. Last Thursday evening, Kim Kardashian West was spotted out for the first time since heading home to Los Angeles after her terrifying Parisian ordeal. E! News reported that she was low key in a black hoodie and leggings for a quick trip to a Beverly Hills restaurant. She rushed back to her awaiting car about 30 minutes later, flanked

by security, of course. Younger sis Kendall

Jenner, who had to testify against a stalker earlier in the day, made her first public appearance since the incident on Thursday, as well. US Weekly reports the 20 year-old supermodel toasted the opening of a new What Goes **Around Comes Around** store in Los Angeles and filmed a couple of scenes for an upcoming season of "Keeping Up with the Kardashians. No matter how much they may want to, the Kardashians can't hide from the cameras.





Amazing New Hybrid Runs Without Gas

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Innovation is the path to the future. Stauer takes that seriously. That's why we developed the Compendium Hybrid, a stunningly-designed hybrid chronograph with over one dozen analog and digital functions that is more versatile than any watch that we have ever engineered.

New technology usually starts out at astronomical prices and then comes down years later. We skipped that step to allow everyone the chance to experience this watch's brilliant fusion of technology and style. We originally priced the Stauer Compendium Hybrid at \$395 based on the market for advanced sports watches... but then stopped ourselves. Since this is no ordinary economy, we decided to offer the Compendium Hybrid at 92% off. That means this new technological marvel can be yours for only \$2995!

Welcome a new Digital Revolution.

With the release of the dynamic new Compendium, those boxy, plastic wrist calculators of the past have been replaced by this luxurious LCD chronograph that is sophisticated enough for a formal evening out, but rugged and tough

enough to feel at home in a cockpit, camping expedition or covert mission.

The watch's extraordinary dial seamlessly blends an analog watch face with a stylish digital display. Three super-bright luminous hands keep time along the inner dial, while a trio of circular LCD windows track the hour, minutes and seconds. An

eye-catching digital semi-circle animates in time with the second hand and shows the day of the week. The watch also features a rotating bezel, stopwatch and alarm The Compendium: The functions and green spectacular face of the



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Billie Joe Armstrong plays a punk rocker who never made it big

Green Day's leading man takes on his first starring role in "Ordinary World."



In "Ordinary World," Green Day's Billie Joe Armstrong plays Perry Miller, a former punk rocker coming to terms with his square existence as a family man living in Queens, working at a hardware store. Approaching 40, Miller is happily married to Karen (Selma Blair) with two kids, but he spends a lot of time pondering what could have been. Armstrong, who is 44 himself, chats with us about making family a priority, getting the acting bug

and bro-ing out with costar Fred Armisen.

'Ordinary World" is out today in theaters and on demand

This role shows what your life might look like if Green Day hadn't been successful. Did you ponder that "what if" as you were getting into character?

The rad thing about Perry is he puts his family first, and I can relate to that with my own family. As far as the professional side of it, I come from a very working-class background: My dad was a truck driver, my brother's a plumber, my other brother's a custodian, so somehow, I probably would have ended up .. the president of the United States of America? [Laughs.] I probably would have ended up working with them and trying to support my hobby as a musician as much as I

What drew you to this film?

After I did "American Idiot" on Broadway, I guess I got the acting bug a little bit and I started getting smaller roles like on "Nurse Jackie" and on "Like Sunday, Like Rain" and then [writer/director] Lee Kirk asked if I was interested in it. I read it and basically fell in love with it overnight.

How is acting different from musical performance?

The hard part is probably bringing someone else's words to life. [As far as Green Day], I am the character and writing my



Billie Joe Armstrong, left, plays a former punk rocker turned family man, married to Karen (Selma Blair), right. PROVID

own songs. I think I just try to approach it with the same work ethic that I do with everything.

The scene where Perry meets Joan Jett is pretty funny considering it's you. What is your relationship with Jett? Joan's a legend. The Blackhearts and Green Day toured together in Europe. There was a scene where

Lee

wanted a

rock star

to come in and I thought she'd be amazing, and I asked her if she wanted to do it, and she was game. I love Joan. She

actually came to my 40th birthday, believe it or not.

What was it like to work with Fred Armisen? He's hilarious in a way where we were just being bros,

as you say. We had a lot in common. Actuour bands played together in the early '90s, so it was fun to reminisce about that and talk music. We both were pretty tired while we were shooting together, so there was that kind of delirious comedy.

Perry splurges on a presidential suite at the Drake Hotel to attempt to throw a birthday rager. You've probably stayed in countless hotel rooms like that in your career. The difference between Perry Miller's experience and mine is that the TV actually did fly out of the window on several occasions. [Laughs]



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YG gets personal, political on 'Still Brazy'

The rapper isn't afraid to go all-in on sensitive topics.



The Compton, California-based rapper's second album, called "Still Brazy," dives into figuring out who shot him last year, gangster culture, anti-police brutality and his hatred of Donald Trump. Heavy? Perhaps, but YG isn't afraid to get into it.

"I'm talking about the s- I've been through with my homies, my robbing history when I was young, my gang s-, all that, says YG, whose birth name is Keenon Jackson. "That [was] dangerous so it just stand out the most.

'Who Shot Me?" is the fearful, incredibly intimate highlight on his follow-up album to 2014's "My Krazy Life."



YG tackles tough topics and takes on Donald Trump on his June Def Jam release, "Still Brazy." GETTY IMAGES



In an exasperated tone, YG repeats the simple question over minor beats. "It was real," says the rapper of the song. "I just got shot like two nights before, so it was real dark for me.

Political overtones

The record ends with three timely tracks: "FDT (F— Donald Trump)," "Blacks & Browns" — about racism against African-Americans and Hispanics — and "Police Get Away Wit Murder.'

He even named his fall tour the F-Donald Trump Tour. YG explains, "You kept hearing this motherfer say and do disrespectful things toward our people, our culture, our

West Coast roots

"She gave me my style," he says about his hometown, Compton. "She gave me my outlook on life. She gave me my mama. My mind-set -[I've] seen a lot, did a lot, been through a lot."

From early on, the rapper heard his mom play West Coast hip-hop legends like Dr. Dre,

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N.W.A. and Snoop Dogg as well as '90s R&B.

"That 100 percent has something to do with my rap style and the way I rap," he adds. "The beats I choose. My flows and all of that.'

And he isn't afraid to experiment, either: the Drake-featuring, hookladen "Why You Always Hatin'?" could be a Top

A rallying cry

While YG notes that he's mostly telling his stories, he does hope his political songs inspire young fans.

There ain't really no message on here except at the end of the album when I get political. I'm just really talking to the youth and trying to get my fellas to wake up and get more involved with what's going on,' he encourages. "Speak up and use your voice.'

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According to a Nielsen quarterly media report released in June, Americans spend more than 10 hours a day looking at a screen. When you add up the time we stare at computers, phones, TVs, tablets, e-readers ... it's not that

Aside from consuming our



Staring at screens is a leading cause of eve strain. ISTOCK

time, what is all that screen time doing to our eyes? We talked to Dr. Penny Asbell, director of cornea service and refractive surgery at Mount Sinai Health System, about the symptoms of eye strain and how we can care for our eyes in this screen-dominated world.

What are the symptoms of eye strain?

Any time you don't see well, whether it's because of the refractive error that isn't corrected, whether you need reading glasses that you're not using or you have a cataract or something

else, you're going to feel like you have eye strain. People describe it in different ways. They say, "I just feel tired" or "It's hard to read for a long time, I get headaches." Anything that causes a change in vision could [also] cause eye strain.

How do you treat eye strain? Depends on what's causing it. If we're talking about dry eyes, we often start with an artificial tear-there are about 40 different products available over the

If you're wearing contact

lenses, as they dry out, that can cause eye strain. You may want to use rewetting drops for lubricat-

A lot of people who have dry eyes may have inflammation in the ocular surface. There are anti-inflammatory eye drops that might be useful. There are a bunch of different options, it's not one size fits all. It's definitely worth [scheduling] a visit with an [eye care professional] to examine you.

What preventive measures you can take?

One of the common complaints about eye strain and eye irritation is when we use our electronic devices — whether it's computers, or iPads, cellphones or whatever. One of the things that we find is that when people use [them], they don't blink very well. If we don't blink, it does not wet the eye.

Quite honestly, it's pretty hard to remember to blink; what I suggest is when you're looking at the computer, just look away. Look up at the clock, look out the window, look at the next desk, look across the room, whatever; you'll automatically blink, and that'll bring up the tears from the lower tear lake, as we call it, to wet the surface of the eye. That's a simple method to relax the eyes, and give that surface a better wetting application.

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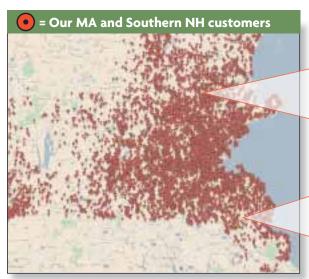
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Social media personality Estee Lalonde shares her advice for staying productive and happy.



RACHEL RACZKA @rachelraczka rachel.raczka@metro.

YouTube star Estee Lalonde can educate, inspire and interact with her 1.1 million subscribers without ever leaving the comfort of her own home. Sounds like a dream setup, right? Usually.

"My life is on the internet, it's a digital life,"

she says. "It can get lonely just to be home all the time, at your desk, without much interaction. And when you do get interaction, it's about work. It was hard for me to get used to that—just me in my living room or bed. It's lonely."

The 26-year-old Londoner has been filming YouTube beauty and lifestyle videos for her channel (formerly known as Essie Button) for the better half of this decade. Originally



started as a way to combat homesickness (Lalonde moved from her native Waterloo, Ontario, to the U.K.) her following quickly grew as she

shared her charmingly high-energy beauty tutorials, fitness journeys and DIYs with hundreds of thousands of fans. Her cult following amassed to such a number, Lalonde snagged a book deal with "Bloom," her

debut memoir out this month from Appetite by Random House.

But how does she do it? Here Lalonde shares her advice for maintaining a work-life balance, when your work is ... well, your life.

Designate a noscreen zone

When screens and all that come with them are such an integral part of our lives, answering that one little e-mail in one tab, while we cozy up in bed to Netflix on another can't be that bad — right?

Wrong. "I have a rule where I cut myself off at 7 p.m., no matter what," says Lalonde, who typically works from 7 a.m. to 7 p.m. during the weekdays with scattered hours over the weekend. "My

boyfriend and I also have a rule that we have no laptops in the bedroom — that was the hardest to get used to. Eventually you'll just get into the routine where you don't need to be checking all the time."

Create a clean workspace — and maintain it

"I'm at home pretty much every day, to be honest, unless I'm traveling," explains Lalonde, who can be typically found shooting videos in her bright, minimalistic workspace. "I always make sure my office is clean. If I have papers everywhere, it drives me insane. I keep it ready to be worked in."

And even when your home is your office, the

distractions can pile up — literally. "If there are loads of dishes in the sink, I get distracted," she confesses. "I think keeping everything tidy is so important."

Plan ahead and keep your eye on the prize

Lalonde says she plans out her content about two months ahead of time, using iCal to organize the days and the times she'll release each new video, which she films a month in advance.

"I like to keep content flowing," she explains. "[Creating] content a month in advance keeps me available to travel, or if I have a conflict." A long-term calendar of deadlines and publication dates not only keeps Lalonde plugging along with a sense of purpose through preparedness, it provides an idea of when she can actually feel done.

"I work a lot," she says.
"I'm not shouting it from
the rooftops, because everyone works really hard.
I love being busy, I find it
fascinating and I get a lot
of fulfillment from it. But
I'm trying to work toward
having more personal
time. I'm getting better
at it."



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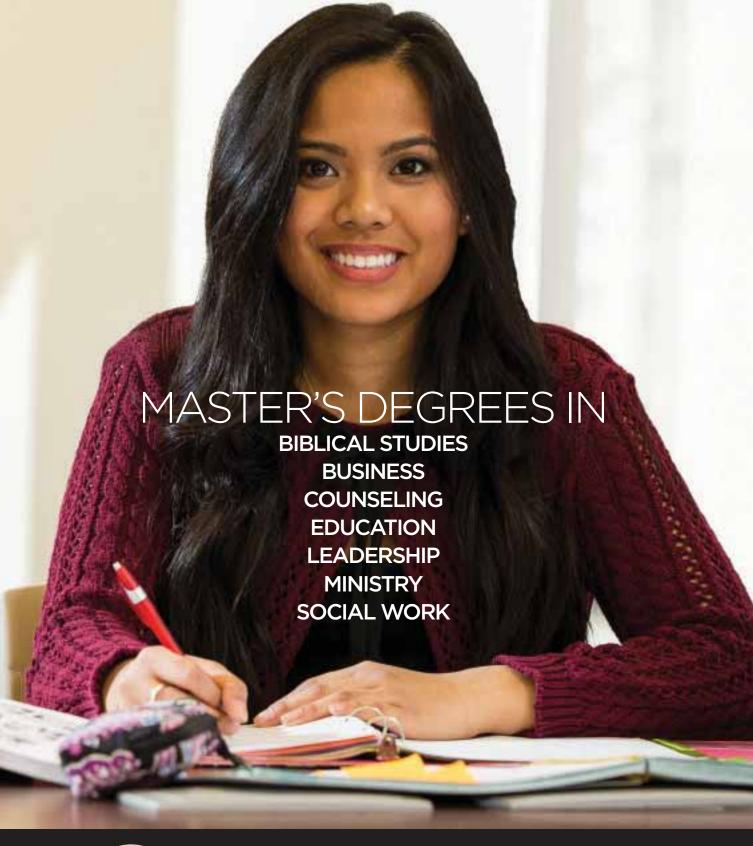
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Things to watch for when Jets tackle Cardinals

The lets' relentless schedule continues under the Monday night lights.



The Jets and Cardinals are poised for a very interesting Monday night matchup (8:30 p.m., ESPN) in Arizona, mainly because both teams are desperate for a win following disappointing starts.

But a great sidebar to the game is the familiarity of the two programs, both led by friends of 30 years - Jets head coach Todd Bowles and Cardinals lead man Bruce Arians. The two have known each other since 1983 when Arians was the head coach at Temple and Bowles starred at safety. They later reconnected while serving on the Cleveland Browns



The Jets' pass rush will be extremely important if New York hopes to get its second win Monday. GETTY IMAGES

staff from 2001-03 when Bowles was a defensive backs coach and Arians the offensive coordinator.

Their ties run deep and the bond is strong, as Bowles noted, which should make for an interesting chess match considering Arians directs the Arizona offense and Bowles co-runs the New York defense alongside coordinator Kacy Rodg-

ers.
"I've known Bruce since 1983, so we go back ... he's not old enough for me to call a father figure, but as an uncle or a bigger brother, from real life to football, he's taught me a great deal," Bowles admitted.

The backdrop of the aches' relationship coaches' should be a great sidebar to the game, but more importantly, the Jets need to get a win any way possible, whether Arians and company know what's coming or not.

Next man up

No Eric Decker means that someone within the rather anonymous group of wideouts needs to step up and help Brandon Marshall. Decker (shoulder) was placed on injured reserve which means an inexperienced receiver needs to pick up his slack. Bowles said there was "initially" a psychological blow upon hearing about Decker, but no one on the Cardinals is going to feel sorry for them. Someone new just needs to step in and perform.

"Anytime you lose one of your star players, you're going to have an impact and it's going to be an adjustment period for everybody else until we can get everybody else involved and find out exactly what they can do ... everybody has to chip in," Bowles said, adding it may take more than one of his neophytes to fill the void. "Not one guy. ... It's going to have to come from a bunch of guys.'

Where's the rush?

The Jets have 12 sacks, but seven of those came in the opener. Since then, opposing passers have torched the banged-up underperforming secondary and have been kept relatively clean. Bowles said there are a lot of factors, but added his defense needs to find a way to get to the immobile Palmer.

"It's not just a matter of touching the quarterback. Kansas City got rid of the ball fast. Pittsburgh got rid of the ball quick or they max-protected at times. We schemed Buffalo [and mobile quarterback Tyrod Taylor to try to keep them in the pocket," Bowles reasoned. "It doesn't mean they [defen-

sive line] are playing bad. They're playing very well and I'm very happy with them. It's just a matter of what we try to do that week as far as scheme."

Best friends until the end

Palmer played with Ryan Fitzpatrick when the two were in Cincinnati and considers the bearded one a true friend and great professional. The Cardinals signal caller obviously wants his defense to have success against Fitzpatrick, and warned of the hot hand that his friend can get at any time. "Unfortunately, that

[slumping] is part of the game. Ryan is a great player and leader, and feel fortunate and blessed to have been able to play with him. He's always up [and] always believes he has a shot, no matter if he's down seven or 47," Palmer said. "I know Ryan as good as anybody, and we do not want to let him get going. He can rip off a bunch of touchdown passes and take off and run for first downs. ... Unfortunately, he's had a couple bumps in the road early, but he and I have the same kind of mindset. You know you're going to bounce back – we just don't want him to bounce back against us because if he does our secondary is in

for a long day."

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31

Things we learned as **Beckham Jr., Giants thrilled vs. Ravens**

The Giants passing game exploded for 403 yards Sunday afternoon.



The Giants haven't necessarily been a juggernaut this season, which is puzzling considering the amount of cash spent in the offseason, but they still managed to do just enough in a thrilling 27-23 comeback win over the Baltimore Ravens.

New York (3-3) got back to the .500 mark on the strength of a solid second half by Eli Manning, who went 32-of-46 for 403 yards and three touchdowns, including a gamewinning 66-yard hookup with Odell Beckham Jr. with 1:24 remaining in the game.

It was Manning's 36th career game-winning

Baltimore (3-3) has now cooled off since its quick 3-0 start to the season, as their injury woes have been a great detriment. Big Blue took advantage of key missing Ravens like wideout Steve Smith Sr. and linebackers C.J. Mosley and Elvis Dumervil to finally snap its three-game losing streak.

Manning wasn't always sharp, as he did toss two interceptions, but when the Giants needed him the most, he was there to shine — including nearly 300 yards passing in the second half alone. The defense also did its best to bend but not break, as they stifled Joe Flacco and co. on the final drive to preserve the win.

But the afternoon wasn't without its share of drama for Big Blue, as miscues, blown assignments, and controversial calls against them almost cost them the game. Plus, Manning received very little support from the running game, which made his heroics all the more impressive.

Beckham is back Beckham fumbled on the Giants' first posses-



Odell Beckham scored the go-ahead touchdown Sunday. GETTY IMAGES

sion, but that was about all he dropped in this contest. He had just 56 yards receiving last week in a lackluster effort in Green Bay, but the erstwhile slumping wideout had a breakout game against the Ravens. Beckham burned Baltimore on numerous deep routes on his way to game highs in catches (eight) and yards (222). He also added a touchdown when he masterfully deked a Raven cornerback with a spin move five yards past the line of scrimmage, en route to a 75-yard touchdown along the right sideline. He followed that up with a masterful go-route for 43 yards to set up a short Josh Brown field goal.

No pass rusħ

For all the money that general manager Jerry Reese doled out last offseason, the defensive pressure has provided very little return this season. Ravens quarterback Joe Flacco attempted over 30 passes for the 21st-straight game, but didn't find himself under much duress. New York has struggled to take down opposing quarterbacks, as they've only amassed five sacks on the season, getting Flacco just once. It's a problem that'll eventually be the defense's doom if they can't fix what's wrong. Big Blue is on pace to produce one of the most anemic sack seasons in NFL history, and Sunday was just another display of their lack of pass-rush prowess

Too onedimensional

The Giants' running game issues again reared its head, as they failed to truly establish any offensive balance. As great as Man-ning can be at times, he's shown that he needs balance and some relief via the run to truly be effective. And once again, Big Blue had trouble moving the football on the ground, even against the bangedup Ravens front. They had just 26 rushing yards in the first half, and 38 overall. Rashad Jennings returned to the lineup after missing the previous three games with a thumb injury and provided little boost. The veteran back finished with just 15 yards after tallying just 10 in the first half. That's not going to cut it, no matter how many 400yard passing games their quarterback puts up.





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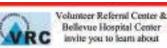
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of New York (SSNY) on 02/09/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2805 Pond Place, Apt. 3J, Bronx, NY 10448. Purpose: Auto Parts.

NOTICE OF FORMATION of Diaz Monero Medical PLLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/04/2016. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 40-36 Junction Blvd., Corona, NY 11368, Purpose: Medicine

LEGAL NOTICES

NOTICE OF FORMATION of Turn On Electric LLC. Articles of Org. filed with the Secv. of State of New York (SSNY) on 06/13/2016. Office location: Queens County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC c/o139-23 Queens Blvd., Queens, NY 11435. Purpose: Electrical work.

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Monday, October 17, 2016 New York

Across

- 1 Corduroy ribs
- 6 Gator ender
- 9 Loathe
- 14 Bakery enticement
- 15 "Don't have a --, man!"
- 16 Nonchalant
- 17 Cajun dish (2 wds.)
- 19 Falcon's refuge
- 20 A mean Amin
- 21 Cartridge fillers
- 22 Jacket feature
- 23 Pealed
- 25 Machine part
- 26 Leave on a trip
- 29 Vegas sight
- 31 Ascertains
- 32 Called from the Tyrol
- 36 Loafer part
- 37 Mantra chants
- 38 Shortening
- 40 FBI ploy 43 Lodge builder
- 45 Pharaoh's amulet
- 46 Cure
- 47 Burst of energy
- 50 Sight for a psychic
- 51 Mowbray and Ladd
- 52 Gone by
- 54 Diner sandwich 57 Arroyo
- 58 Rash
- 61 Parrot's word

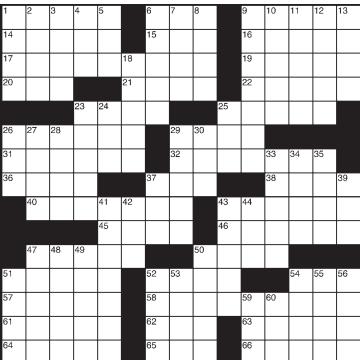
metro.us /games 25 Retina cell 26 Subway opposites 27 Cat's plaint 28 Island near Java

- 62 Luau welcome
- 63 Maureen of film
- 64 Investment
- 65 PC button
- 66 Organic compound

Down

- 1 Ravine
- 2 Bone-dry
- 3 Petty or Loughlin
- 4 911 responder
- 5 Remark
- 6 Doing great
- 7 Wharf
- 8 Lambs' parents

metro.us/crossword



59 Bunion site 60 Cousins of "um"

9 Mother-of-pearl source 10 Baa or moo

11 Zeppo's brother

12 Willow twig

13 Fishing gear

24 Ode inspirer

29 Dryad

30 Aurora, to Plato

33 Burro alternative

35 A memorable Scott

34 Chalet feature

37 Wood for floors

42 HBO alternative

43 Insensitive clod

44 Poet's "always'

49 Male relative

50 Tomato jelly

51 Ottoman title

54 Freight hauler

56 Autocrat of yore

55 Entice

52 Carpet thickness

53 Iowa college town

48 Becomes tiresome

47 Fishtails

39 Good for cacti

41 Close range

18 Skating venues

23 More uncommon

easy

7		9						5
					1		6	9
1				5	9		4	
4		1						7
	2	5		4		1	9	
8						4		2
	5		3	2				1
2	8		6					
6						5		3

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hard

	7		1			5		2
1	6		5					
					4	9	6	
			9	7		2	1	
2								8
	3	1		5	2			
	2	4	6					
					7		4	5
5		7			3		2	

Aries You might run into one of your least favorite people at a social gathering. If you allow your dislike to surface, the event is likely to lose its luster.

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Taurus A disagreement between you and your mate could turn into something serious if neither one of you shows a willingness to compromise.

Gemini Criticism of someone's work will not

mance. To encourage this person, your com-

necessarily help enhance his or her perfor-

ments must be constructive and positive.



Cancer If you haven't been too good about managing your money lately, you won't have the funds you need to buy that something you want. Plan better for the future.



others, but will be a product of your own mismanagement. Virgo If you're too self-involved, your efforts aren't likely to bring you much satisfaction

today. This malady can easily be cured by

putting the needs of others first.

Leo Any restrictions to which you might be

subjected are not likely to be the fault of

Yesterday's answers



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Libra Allowing friends to pressure you into spending more money could cause you to resent them instead of yourself. You must be the one who has the willpower to abstain.



Scorpio Because you're likely to do everything the hard way, you may not be able to achieve all of your objectives. Try to use your time wisely.



Sagittarius Guard against a tendency to anticipate negative outcomes. If you think you might fail, you'll make sure to find a way to prove yourself right.



Capricorn Don't allow yourself to get into a a bad financial position. Don't start borrowing from friends if you'll have trouble paying them back.



Aquarius Be careful, because your colleagues could have a stronger influence over your doings than you'd like. Their aims might not be in harmony with yours.

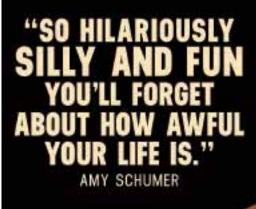


Pisces If you have a bad attitude, unplanned developments could become overwhelming. Try to roll with the punches and hope for the best. EUGENIA LAST

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